

STEPPING LIVELY — Capt. Bobby Balanon, with his daughter, Hazel, and sons, Hans, 19, and Hubert, 17, demonstrate the traditional tinikling bamboo pole dance as performed in the Philippines during the International Show of Dress, sponsored by the Naval Command College, at the Officers' Club last week. More than 50 countries were represented. Mrs. Teresita Balanon, is at far left. Story, more pictures, Pages 10-11.

MCC(SCW) Greg Frazho/U.S. Navy photo



Ducks race for charities

Naval Station Newport personnel use a rubber duck river race to practice oil spill containment.

— Page 2



Kids spend day at NUWC

NUWC Division Newport hosts 'Bring A Child To Work Day' which is a breeze, left, for some.

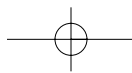
— Page 3



SWOS skipper tapped for O-7

The commanding officer of the Surface Warfare Officers School Command is selected for rear admiral, lower half.

— Page 3





Mark Rielly/NAVSTA Environmental photos

LOWERING THE BOOM — Naval Station Newport Public Works employees in Base Support Vehicles and Equipment department pay out oil containment boom off the Pawcatuck River Bridge in Westerly last Saturday to create a channel for the annual river rubber duck race for charity. From left, are Chester Turner, Stephen Legge, Raymond Lebeau and Bruce Oliver.

River run duck race helps NAVSTA train for oil spills

WESTERLY — It was a damp and foggy Saturday morning as the Naval Station (NAVSTA) Newport spill response personnel deployed oil containment boom off the Pawcatuck River Bridge on the Westerly, R.I., and Pawcatuck, Conn., state line.

As in years past, there was no real emergency, only the need to create a narrow channel to funnel 15,000 little yellow rubber ducks down river in the ninth annual Greater Westerly Chamber of Commerce Pawcatuck River Duck Race.

NAVSTA's participation in the race provides the Navy with the opportunity to enhance community relations and to satisfy one of the two mandatory annual equipment deployment spill exercise requirements. However, this year the boom deployment was a challenge because of the recent April nor'easter and subsequent rainfalls in the area. The river flowed at a rate of 10 to 15 knots above normal.

NAVSTA brought 1,200 feet of response boom, two 21-foot Boston Whalers equipped with 150 hp outboard motors, and a combination of six military and five civilian personnel needed to deploy the boom on the river.

This was the seventh straight year that NAVSTA has participated in this event, a fundrais-



AND THEY'RE OFF! A huge payload of 15,000 rubber bathtub ducks into the river to start the race, which lasted only 4 minutes.

er benefiting dozens of area schools and non-profit organizations. Each duck is numbered on the bottom and is sold for \$5 with the chance to win over 100 prizes, including the grand prize of a trip for a family of four to Disney World in Orlando. Air fare, hotel accommodations and park passes are included.

NAVSTA Newport participants included:

Environmental Department: Mark Rielly

NAVSTA Public Works, Base Support Vehicles & Equipment (BSVE) Department: Bruce Oliver, Steve Legge, Chester Turner and Raymond Lebeau

NAVSTA Port Operations: IC1 (SW) Marshall Burkhart, BM1 (SW) Matthew Ventura, EN2 Jeremy Hoyt, BM2 (SW) Michael Kidd, BM2 Antaius Webster and BM3 Jose Campo.

Navy Relief reaches goal

The Navy-Marine Corps Relief Society's (NMCRS) annual fund drive surpassed last year's mark by more than \$5,000, Naval Station Newport coordinator Chief Culinary Specialist (SS) Chris Boling reported last week.

Boling said \$67,534 was raised in the 2007 drive, as opposed to last year's total of \$62,500, he said.

"We met our goal even though there are fewer people around here, because of IA (Individual Augmentee) duty," he said. "We also extended the drive two weeks."

The NMCRS, founded in 1904, is composed of volunteers and a small professional staff that is available 24 hours a day to help with unexpected needs and personal emergencies. This year marks the 102nd year of service in Newport.

During 2006, \$37.8 million was disbursed in more than 38,500 relief cases. That sup-

port included \$1.2 million in combat casualty assistance to more than 778 Marine Corps and Navy families in their time of need and crisis.

In a report to Capt. Todd Malloy, Commanding Officer, Naval Station Newport, Boling reported the following totals:

Naval Health Clinic New England, Newport, \$2,700
Naval Station Newport, \$2,746
Naval Undersea Warfare Center Division, Newport, \$875
Surface Warfare Officers School Command, \$8,748
Naval War College, \$38,078
Senior Enlisted Academy, \$2,900
Officer Training Command, Newport, \$1,749
Naval Chaplains School, \$864
Navy Warfare Development Command, \$4,678
Navy Band Northeast, \$1,758
Naval Justice School, \$733
Personnel Support Detachment Newport, \$365
Naval Academy Prep School, \$1,261.
USS Constitution, Boston, \$77

To our Navalogs readers

To post an announcement in *The Newport Navalogs*, submit to our offices in Building 690 opposite the Naval Station (NAVSTA) Newport Main Post Office. Phone is 841-4921 and fax is 841-2265.

The U.S. mail address is The Newport Navalogs, c/o Public Affairs Office, Naval Station Newport, 690 Peary St., Newport, R.I. 02841-1522. The email address is Richard.k.alexander1@navy.mil for the editor, Richard Alexander.

To place an advertisement in the newspaper, either display or classified, contact *The Newport Daily News*, 101 Malbone Road, Newport, R.I. Phone 849-3300.

Navalog

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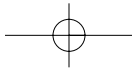
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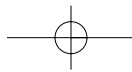
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The Newport Navalogs is printed on recycled paper.





Jim Travassos and Rich Allen/NUWC photos

PITCH UP AND AWAY — Kelsey Alexander tries to throw a tethered ball against the fan in the Acoustic Wind Tunnel, Building 1302, which is designed for basic hydrodynamic and hydroacoustic tests, during 'Bring A Child To Work Day' last week at the Naval Undersea Warfare Center Division, Newport. At right is Joe Miranda, Vehicle Testing & Experimental Testing Branch.

Kids sample day at NUWC

MIDDLETOWN — About 400 children took a day off from school to visit the Naval Undersea Warfare Center Division, Newport, April 26 for a chance to watch experiments and demonstrations that whooshed, whirred, flashed or banged.

For its annual Bring A Child to Work Day, the Navy's primary research and development center organized 30 demonstrations and experiments in labs to show children what their parents do on the job, and hopefully spark an interest in science and engineering.

The kids mixed chemical compounds and created gooey stuff in the Chemistry Lab.

They tried to toss a ball into the blasting wind inside the Acoustic Wind Tunnel.

They got to adjust the wings on a Tomahawk missile; and watch a video screen as divers went under water at Engineering and Scientific Diving.

They experienced a laser beam; and listened to their voices without an echo in the dead silence of the 61,000 square foot Anechoic/Electromagnetic Chamber.

They also go to see close up the huge bones from whales and other mammals that use



KEVIN SEGUIN, son of William Seguin of the Hardware Systems Development & Engineering Dept., checks out the torpedo hardware in the MK48 ADCAP Propulsion Test Facility.

their own sonar systems.

In other demonstrations the children peered through a real submarine periscope; watched a demonstration by the competitive robot Rhode Warrior 121 just back from Atlanta; and climbed aboard the unmanned surface vehicle Spartan with its remote operated machine guns.

Adapted from the original Take Your Daughter to Work Day, envisioned by the Ms.

Foundation, NUWC's program encourages employees to bring their sons or daughters, or other youngsters, onboard for a day.

"It is a great opportunity for parents to show their children what they do on a daily basis," said David Sanders, NUWC public affairs officer. "It's also designed to be fun and educational so that students see the actual application of their science and math schoolwork."

SWOS skipper selected for O-7

Capt. Thomas S. Rowden, Commanding Officer of the Surface Warfare Officers School Command (SWOSCOLCOM), has been selected for rear admiral, lower half, Secretary of Defense Robert M. Gates announced April 30.



Capt. Rowden

President Bush last month approved the reports of the selection boards of officers of the line for nomination to flag rank.

Rowden relieved Rear Adm. (sel.) John N. Christenson of SWOSCOLCOM in a traditional change of command ceremony last September. Christenson subsequently was promoted to rear admiral, lower half, and became Commander, Mine Warfare Command, Cor-

pus Christi, Texas.

Before coming to Newport Rowden was Commodore of Destroyer Squadron 60 and Commander, Task Force 65, in January 2005. During this tour he operated extensively in the Black Sea, West Africa and in the Gulf of Guinea.

In addition, he served as the Air Defense Commander and the Sea Combat Commander during the evacuation of Lebanon in July 2005.

He enlisted in the Navy in June 1977 and subsequently attended the Naval Academy Preparatory School in Newport. He was graduated from the Naval Academy in May 1982 where he received a bachelor of science in oceanography and a commission as an ensign.

After his initial sea assignment to the cruiser USS Texas (CGN 39), Rowden next reported to SWOSCOLCOM for Department Head School in November 1986.

The Chapel of Hope

Sunday Worship Schedule

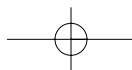
0800 — Protestant Liturgical Service
0900 — Catholic Mass
0900 — Protestant Sunday School
1030 — Protestant Community Service



Jewish Services

Jewish Shabbat services are every other Friday at 5:30 p.m. at the Korn Worship Room, Naval Chaplains School.

Call Chaplain (Cmde) Mitch Schranz at 841-2234.



Bravo zulu



PA2 Luke Pinneo/USCG photo

'MONSTER' OF A REENLISTMENT — Coast Guard Machinery Technician 1st Class Glen Browning, far left, attached to the cutter Tigershark based in Newport, reenlists on top of the Green Monster at Fenway Park on April 26 with his shipmates looking on. Reenlistment officer is Lt. Grant Thomas. Browning, a native of Wilmington, N.C., is an avid Red Sox fan.

Jr. Sailor selected

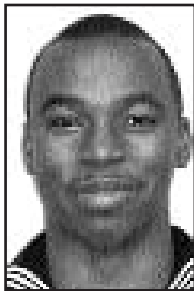
Naval Station Newport has selected Master-at-Arms 2nd Class(SW) Quincy Williams as Junior Sailor of the Quarter for the first quarter of 2007, Jan. 1 to March 31.

The command said he was selected for his superb leadership and extensive knowledge of law enforcement.

Williams is from Mobile, Ala., and joined the Navy in 1993. After basic training he was assigned to the carrier USS Enterprise out of Norfolk, Va.

After five years he transferred to Naval Air Station, Jacksonville, Fla., brig. After a three year tour there he transferred to carrier USS John F. Kennedy homeported in Mayport, Fla.

WILLIAMS, Page 17



MA2 Williams

Send us your BZ

The Newport Navallog has introduced a regular feature in this paper, The Bravo Zulu of the Week. We're looking for commands, military families, departments and Sailors/Marines to contribute to this piece. If you have a photo and information about someone in your

command or military family doing something that merits a "BZ," please submit it to the editor: richard.k.alexander1@navy.mil.

Photos must be received in .jpg format.

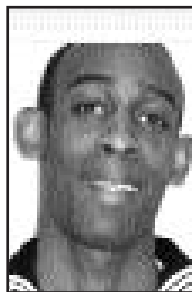
If you have questions, call 841-4921.

NAVSTA names Shaw Blue Jacket of Quarter

Culinary Specialist 3rd Class (SW) Ramel Shaw has been selected by Naval Station (NAVSTA) Newport as the Blue Jacket of the Quarter (E1-E4), for the first quarter of 2007, Jan. 1 to March 31.

The command said Shaw was selected as Blue Jacket of the Quarter for his excellent customer service and outstanding work ethic.

Shaw is from New York City and joined the Navy in 2001. After basic training he was assigned to the amphibious



CS3 Shaw

transport dock USS Ponce homeported in Norfolk, Va.

After four years he received orders to Naval Station Newport, reporting last May. He was assigned to Combined Bachelor Housing as a building manager.

Big Judgment
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Instruction

Announcements

Free sailing introduction offered

Ever thought about taking sailing lessons? Just not sure if you'll enjoy it? Now is your chance to sail the Narragansett Bay, compliments of Morale, Welfare and Recreation (MWR) Department and the Coasters' Harbor Navy Yacht Club (CHNYC). An experienced skipper will introduce you to the joys of sailing a Rhodes 19 and take you for a half-hour ride May 12 and June 2 at noon, and every half hour until 2 p.m. Space is limited, and registration is necessary. Patrons must be at least 16 years old and over to participate. For more information, call MWR at 841-3283.

Powerboat qualifications courses

The Morale, Welfare and Recreation (MWR) Department Marina and Sailing Center, on Coasters' Harbor Island, offers a powerboat qualification course on selected Wednesday evenings and Saturday mornings from May 9 through Sept. 19. The course, based on the *U.S. Motorboat Training Manual*, includes four hours of classroom and on-the-water instruction. Graduates will be qualified to rent the 16-foot, 30 horsepower, center console outboards at the Sailing Center. The cost includes course materials and boat rental for the on-the-water phase of the course. Minimum age for qualification is 17. Register at the MWR Marina Office or call 841-3283.

Sailing qualifications courses

Morale, Welfare and Recreation (MWR) Department Marina is offering classes for the 2007 sail training season. Beginning Monday, May 14, students can qualify to sail a Rhodes 19 sloop-rigged, keel boat. The first week is the ground school portion that meets on Monday, Tuesday and Thursday evenings, and the second week begins on-the-water classes on Saturday morning. Classes start every two weeks and fees are based on rate/rank. Register at the MWR Marina Office or call 841-3283.

PSD posts new hours

To better serve our customers, Personnel Support Detachment Newport will be open for customer service weekdays, from 7:30 a.m. to 4 p.m., excluding holidays, Lt. Cmdr. Brad S. Maki, officer-In-charge, has announced.

Commissary Sunday hours

Newport Commissary will have a change of Sunday operating hours effective May 13. The new hours for Sundays will be 9 a.m. to 6 p.m. Early bird shopping starts at 8:30 a.m. The Defense Commissary Agency (DeCA) world-wide case lot sale will be May 10 to 12 at the Newport Commissary. Make a purchase by the full case and get outstanding savings

NASCAR stock car visits

The Kraft-sponsored NASCAR race car will be parked in front of Newport Commissary on May 12 from 11 a.m. to 2 p.m. Kraft's displays also include racing video games, a prize wheel for door prizes, and an Oreo cookie contest included in the promotion.

Contractor to begin May 7 on North Gate intersection

Patel Construction Corp. will begin site work to improve traffic at the North Gate intersection of Defense Highway and Access Highway on Monday, May 7, Lt. Brian J. Longbottom, Naval Station Newport Pubic Works, has announced. The project should take approximately 10 weeks, and be completed about Friday, July 13. This project will have a significant affect on

traffic flow through the area of NAVSTA's new North Gate and Gate 11, and the Naval Under-sea Warfare Center Division, Newport, complex, at Gate 23. During construction work, Patel will have four traffic control guards posted at each of the entrances to the intersection to ensure smooth, orderly and safe vehicle travel.

Summer camp anyone?

The Child and Youth Program (CYP) will offer summer camp sessions for children ages 5 through 12, weekdays, excluding federal holidays. Camp will be held at the President John F. Kennedy Child Development Center tentatively scheduled from June 25 through Aug. 31. The camp is open to children of active duty personnel, active duty reservists and Department of Defense civilians. Weekly prices are based on family income on a sliding scale. Categories.....Family income.....Weekly fee One.....up to \$28,000.....\$59 Two.....\$28, 001 to \$34,000.....\$70 Three.....\$34,001 to \$44,000.....\$83 Four.....\$44,001 to \$55,000.....\$95 Five.....\$55,001 to \$70,000\$106 Six.....\$70,001 and above.....\$120 Some of the field trips and special events included, subject to change, are Pawtucket Red Sox games, local beach trips, laser tag arena, children's museum visit, Roger Williams Park Zoo, pier tour, firehouse fun, a nature walk, focus on fitness, music experience and more! For more information, log on to: <https://qol.persnet.navy.mil/cypweb/> or call 841-4562.

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THE FIFTH ELEMENT

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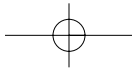
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What's going on

Navy to join police march

MIDDLETOWN — The annual Aquidneck Island National Police Parade steps off Sunday, May 6, at noon on West Main Road at Beacon Street.

The parade celebrates National Police Week, May 6 to

www.ppacri.org for information.

- Jewish Shabbat service, 5:30 p.m., Naval Chaplains School's Korn Worship Room. Call Chaplain (Cmdr.) Mitch Schranz, Chapel of Hope, 841-2234. Services are every other Friday, with the next service scheduled for May 18.

SATURDAY, May 5

- "Bridge to the Past," Experience the 1600s at Smith's Castle, North Kingstown, noon to 4 p.m. Also May 6. Admission is \$5 for non-members. Call (401) 294-3521 for information.
- "Going Home," Jamestown Community Chorus spring concert, Central Baptist Church, 99 Narragansett Ave., 7:30 p.m. Also Sunday, 3 p.m. Call 423-1574 or visit www.jamestownri.com/chorus for information.

SUNDAY, May 6

- Officers' Club all-hands Sunday breakfast buffet, Topside Pub, 10 a.m. to noon. Call 846-7987 for information or reservations.
- Chapel of Hope worship services:
 - Protestant service, 8 a.m. and 10:30 a.m.
 - Catholic mass, 9 a.m.

MONDAY, May 7

- Eight Bells Lecture Series, "The Millionaires Unit: The Aristocratic Fly-boys Who Fought the Great War and Invented American Air Power," with author Marc Wortman, Naval War College Museum, noon. Call 841-4052 to make a reservation.

TUESDAY, May 8

- Ombudsman assembly meeting, ombudsmen and command support team, Fleet and Family Support Center, 6 to 8 p.m.

WEDNESDAY, May 9

- Preschoolers with Parents, Norman Bird Sanctuary, Wednesdays through June 13, 1 to 2 p.m. Members \$50, Non-members \$60 and pre-registration is required. Explore spring themes in nature with Marilyn Lyell. Enjoy short walks, stories, simple crafts and lots of silliness. Call 846-2577, ext. 10 for information.

THURSDAY, May 10

- Worldwide case sale, Defense Commissary Agency (DeCA), Newport Commissary, 9 a.m. to 6 p.m. Continues May 11 and 12. Purchase a full case and get super savings.
- Newport Gallery Nights, Newport. Art exhibits at various galleries include hand-blown glass, wood block prints, award-winning photography, international handcrafts, and fine arts. Many of the galleries host opening receptions, and introduce artists and new exhibits on Gallery Night. Free admission to all galleries; free parking at Newport Visitors Information Center. Call 848-8200 for information.

FRIDAY, May 11

- Concert, "Proudly We Sing," Newport Navy Choristers, St. Lucy's Church, Middletown, 7:30 p.m. Admission is \$8.



Navalog file photo

POLICE from across the state and Naval Station Newport will be on the march Sunday for the Aquidneck Island National Police Parade.

12, and representatives from the Navy will participate including Navy Band Northeast's marching band.

The Marine Corps Silent Drill Platoon from Washington, D.C is expected to participate, and the Naval Staff College at the Naval War College will supply four U.S. and international officers to judge marching units.

The parade will pay tribute to the men and women who died in the line of duty in 2006, as well as those currently serving.

TODAY, May 4

- Cinco de Mayo Day, special menu, Ney Hall galley, 11 a.m. to 1 p.m.
- *Steel Magnolias*, Firehouse Theater, 4 Equality Park Place "Off Broadway," Newport, through May 27, Fridays and Saturdays only, 8 p.m. Call 849-3473 or visit www.firehousetours.com for information.
- Weekly story time for children up to age 4, Barnes & Noble book store, 1311 West Main Road, Middletown. Also Tuesdays.
- *Hairspray*, Providence Performing Arts Center, through May 6. Call (401) 421-2997 or visit

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- NIFF Golf Classic at Newport Country Club on June 7

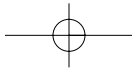
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Adm. Redd to speak on counterterrorism

The Naval War College Foundation will present another in its Contemporary Civilization Lecture series when retired Vice Adm. John Scott Redd, Director of the National Counterterrorism Center (NCTC), speaks at Spruance Hall Auditorium, Thursday, May 10, at 7:30 p.m.

Redd will discuss "National Counterterrorism Center – New Paradigm for a New Century."

The NCTC has two core missions, to serve as the primary organization to analysis and integration of all terrorism

intelligence and to conduct strategic operational planning for counterterrorism activities integrating all elements of U.S. national power.

Redd has 36 years of active duty and commanded eight organizations and served in several senior policy positions in the Pentagon. His last active duty assignment was as Director of Strategic Plans and Policy (DJ-5) on the Joint Staff.

For reservations call 841-1068 or email: eveninglecture@nwc.navy.mil for information.

Navy Choristers offer spring concert May 11

MIDDLETOWN — The Newport Navy Choristers will hold their annual spring concert, "Proudly We Sing," on Friday, May 11, at 7:30 p.m. at St. Lucy's Church at 909 West Main Road.

The concert, under the direction of Joanne Loewenthal, will feature patriotic songs by both the Choristers and the Nautical Notes.

This year's concert is a benefit for The Edward King House in Newport. The King house provides a variety of enrichment programs for adults 50 years and older.

Tickets are \$8 for adults, and \$6 for seniors and \$20 for families.

Tickets can be purchased at the door. For more information, please call 846-7426.

Special events

Navy Newport, Marines to join Police Parade

MIDDLETOWN — The Aquidneck Island National Police Parade, which celebrates National Police Week, will step off Sunday at noon on West Main Road at Beacon Street. It will procede down West Main to Broadway in Newport, pass the reviewing stand across from the Newport Police Station, and finish at Washington Square.

Navy Newport also will be represented by Navy Band Northeast's marching band, and the Department of Defense uniformed patrol division.

The popular Marine Silent Drill Platoon of Washington D.C. is expected to participate.

The parade, as well as others across the country, pays tribute to the men and women who died in the line of duty in 2006, as well as those who currently serve and protect their communities.

Auto Skills Center to relocate to CITGO

All hands are invited to join Morale, Welfare and Recreation's (MWR) opening of the new Auto Skills Center next to the CITGO gas station and convenience store on Whipple Street on Friday, May 18, at noon. MWR will offer complimentary refreshments and give out door prizes from 12:30 to 1:30 p.m.

Free car washes and use of the mechanics' bays will be offered Friday, May 18, from 1:30 to 7 p.m. and on Saturday, May 19, from 9 a.m. to 5 p.m. (limited to two hours per vehicle, if customers are waiting.)

The Auto Skills Center, Building 304, will be

closed from May 15 through 17, to relocate to the new building.

PawSox offer ceremonies on Armed Services Night

PAWTUCKET — The 28th annual Armed Services Night with the Pawtucket Red Sox vs. the Richmond Braves, will be June 14 at 7:05 p.m. at McCoy Stadium.

Pre-game entertainment starts at 6:15 p.m.

Ceremonies will include an all service color guard from the 88th Army Band, a 13-gun artillery salute by the "Guards of Thunder," and presentation of colors by R.I. veterans groups.

Tickets are \$10 for reserved seats; \$6 general admission; \$4 for children 12 and under; and \$3.50 for groups.

R.I. theater tickets discounted for military

National Amusements' theaters, in recognition of service to country, will offer all active duty service members and their dependents admission price discounts.

The special military program pricing will be \$7 for general admission, and \$5 for matinees and children.

In Rhode Island, National Amusements owns and operates the Showcase Cinema in Warwick, the Showcase Cinema Warwick Mall, and the Providence Place Cinemas.

Appropriate active duty IDs must be presented at the theater box office to receive discount admission and concession offers.

Check out the website: www.nationalamusements.com

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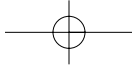
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The Homefront

With 15-month deployments, I might as well be widowed

I'm sure they thought it was just three more measly months. Another 90-odd days. A stretch into the following spring. Big deal.

When Defense Secretary Robert Gates announced that the Army's standard one year deployment to Iraq and Afghanistan would be increased to 15 months, I'm sure they were thinking it was the best possible way to solve their manning issues. After all, what's 15 months to people who have already been apart for a year?

I'm sure they were thinking that our really dedicated career soldiers wouldn't leave the service over a lousy three months. They wouldn't give up their retirement over that. Couples wouldn't get divorced over 90 more days apart if the previous 365 didn't faze them. What's the difference between 12 months and 15 months anyway?

I'm thinking it could be your Don Imus misstep, fellas. It could be the push after many pushes that is the push too far.

A year was already a long time to be apart. Fifteen months is longer, so much longer. It isn't three months longer, it is exponentially



Jacey Eckhart

longer. It's never-coming-home longer. Because 15 months is two of something--two Christmases apart, two Passovers alone, two Ramadans away from the family.

It's two complete NFL seasons. It's two summers watching the kids at the beach reminding them how much Soldier Mommy loves the ocean and for them to get that I-don't-quite-remember-her look.

For our families, 15 months is another band banquet missed because, with one driver in the family, the other kids had to be picked up from a tournament an hour and a half away. It's another three months of a boss who rolls his eyes because there is a sick kid at home and no one else to take care of him. Fifteen months is long enough to feel like you've already been

HOMEFRONT, Page 17

Fleet and Family Support Center

Learn how to manage your anger

EDITOR'S NOTE: Some of the Fleet and Family Support Center workshops and meetings require registration. Call 841-2283 for information.

Anger is a powerful feeling. It can be used destructively, or it can be used for positive change. Come to the Fleet and Family Support Center on May 10, from 2:30 to 3:30 p.m. and learn how to manage your anger and change your life for the better.

Spouse Orientation to Military Life — This program will offer information for new spouses on the military lifestyle, benefits and services

available to them, and tools to assist them in maintaining a state of preparation for deployment or other military-related separation.

This program is offered for all new spouses or those spouses who have never lived near a military installation before and is scheduled for Tuesday, May 15, 9:30 a.m. to 10:30 a.m., at the Fleet and Family Support Center.

Self Esteem — This workshop is scheduled for May 17, from 2 to 3:30 p.m., at the Fleet and Family Support Center, and will provide participants

with an overview of the importance of high self esteem and its impact on all areas of functioning and personal growth.

Navy Family OMBUDSMAN Basic Training — The Navy Family Ombudsman is a critical communication link between the Commanding Officer and family members. This workshop, scheduled for May 21 to 23, 9 a.m. to 4 p.m., at the Fleet and Family Support Center, provides the basic knowledge and tools necessary to be an effective representative of the command and an advocate for family members.

	Fri.	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.
9 a.m.	The Road to Optimism	The Road to Optimism	The Road to Optimism	Health and the Family	Financial Planning for Relocation	Children and Severe Anger	Resolving Conflicts
7 p.m.	The Road to Optimism	The Road to Optimism	The Road to Optimism	Health and the Family	Financial Planning for Relocation	Children and Severe Anger	Resolving Conflicts

HELPFUL VIDEOS – Fleet and Family Support Center videos are offered twice a day at 9 a.m. and 7 p.m., seven days a week over Newport Naval Cable Television channel 13. The specialized videos are designed to help military members and their families with the frequent challenges and problems of daily life.

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Chaplain's corner

Roots of faith must go deeper

Our nation is still stunned over the tragic, senseless loss of 32 fine students and faculty at Virginia Tech. Why someone



would be driven to do such a thing is a mystery, but equally mysterious were the acts of bravery and sacrifice made by people

—even as the bullets were still flying. Also remarkable was the love that was evident in the Virginia Tech community as the people rallied to help one another through this terrible time. Even more striking, was the lack of anger expressed by

those most deeply touched by this tragedy. The parent of a slain student was interviewed by a reporter. One can never forget how he so eloquently and so movingly used this as an opportunity to urge people to use every possible moment to make special memories with their loved ones.

Times such as these remind us to dig deep into our faith to gain sustenance and strength. I heard this poignant story which seems especially relevant...

Once there was a man who took his son into the woods to cut down a tree for firewood. After much effort the tree was felled. Looking inside, the son



Chaplain Schranz

asked, "Dad, why are some of the rings inside the trunk so thick, and others are so thin?"

"Son, you can see the tree's entire life in those rings. Each ring represents one year. When there was plenty of rain, it was easy for the tree to drink water which was readily available right near the surface of the earth...those are the thin rings.

"On the other hand, the years when there was little rainfall, the tree had to sink its

CHAPLAIN, Page 17

Volunteers sought to flag graves

By GREG KOHLWEISS

NAVSTA Public Affairs Staff

EXETER— The National Guard Child and Youth Program of Rhode Island is soliciting volunteers to place more than 23,000 American flags on gravesites at the Rhode Island Veteran's Cemetery, Saturday, May 26, at 9 a.m.

Memorial Day, on May 28 this year, was officially proclaimed on May 5, 1868. Originally called Decoration Day, it is a day of remembrance for those who have died in our nation's service.

To help re-educate and remind Americans of the true meaning of Memorial Day, the "National Moment of Remembrance" resolution was passed on December 2000, which asks that at 3 p.m. local time, for all Americans "To voluntarily and informally observe in their own way a Moment of remembrance and respect, pausing from whatever they are doing for a



moment of silence or listening to 'Taps.'

Anyone who would like to help, may contact Laura Paton, State Youth coordinator, at (401) 275-4032 to obtain a registration form, or for information email her at:

Laura.paton@us.army.mil.

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KARATE KIDS — Jae Cheal, 7, and his older brother Jae Eun, 9, sons of Cmdr. Jooyeong Kim, right, and Hyeon Yeon An of Korea, display their Tae Kwon Do martial arts prowess during the International Show of Dress, sponsored by the Naval Command College, last week.

MCC(SCW) Greg Frazho
U.S. Navy photos

NIGERIAN DUET — Capt. Michael and Kemi Johnson of Nigeria, dressed in native dress, sing a song from their native land.



NCC displays native cultures in show of color

By Naval Command College

The Naval Command College (NCC) Class of 2007 at the Naval War College (NWC) continued a colorful tradition of the class by staging the annual International Show of Dress on April 23 in the newly-renovated Officers' Club ballroom.

NCC senior international officers and their wives and children sponsor the show as a means of acquainting the NWC community, and representatives from other countries in NCC, with cultures from around the world. Fifty-one countries were represented this year, including four U.S. families.

The international officers and their families donned authentic dress from their

homeland, and performed native dances, played musical instruments, or gave martial arts demonstrations.

Each country representative took approximately three minutes to present his or her international dress and/or culture on stage. Countries were accompanied with appropriate national music.

Approximately 200 people attended, including many special guests.

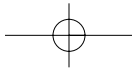
The show has been held at NCC since the college's inception in 1956, and has grown to become a highly-anticipated event.

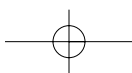
Preparations actually began before many of the families arrived in the United States, as

DRESS, Page 11



LEFT: From left, Vanessa, Sabrina, 9, and Samantha, 10, the daughters and niece of Cmdr. Juan and Mrs. Titina Soltau of Colombia, perform a dance routine for the audience.





CAN YOU CAN-CAN? The children and au pair of Cmdr. Matthieu and Mrs. Tiphaine Drevon, far left, of France perform the can-can for an enthusiastic audience. The girls, from left, are Brune, 6; Apolline, 12; and au pair, Camille.

Dress

Continued from page 10

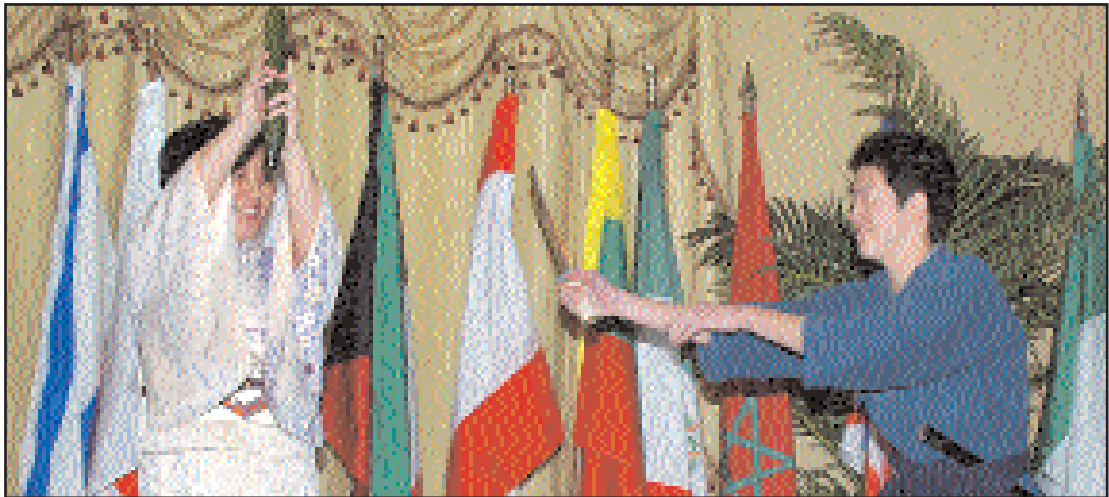
decisions were made on what to pack just for this particular night.

The nations represented at NCC include:

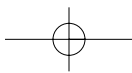
Algeria, Argentina, Australia, Bahrain, Bangladesh, Brazil, Bulgaria, Canada, Chile, Colombia, Denmark, Dominican Republic, Egypt, France, Germany, Ghana, Greece, India, Indonesia, Israel, Italy, Japan, Jordan, Korea, Latvia, Lithuania, Malaysia, Mexico, Morocco, Netherlands, Norway, Pakistan, the Philippines, Portugal, Qatar, Romania, Spain, Taiwan, Thailand, Tunisia, Turkey, United Arab Emirates, United Kingdom, United States and Yemen.



SAMBA ROUTINE — Sheila Medici and her husband, Capt. Ricardo Medici of Brazil, perform a dance routine called the 'samba.'



SHARP DEMONSTRATION — Shun Saki, 16, the son of Capt. Ryo and Mrs. Akiko Sakai, left, of Japan displays his skill with a samurai sword.



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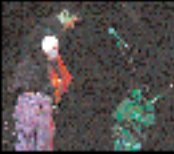


Thursday, May 3rd

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Friday, May 4th

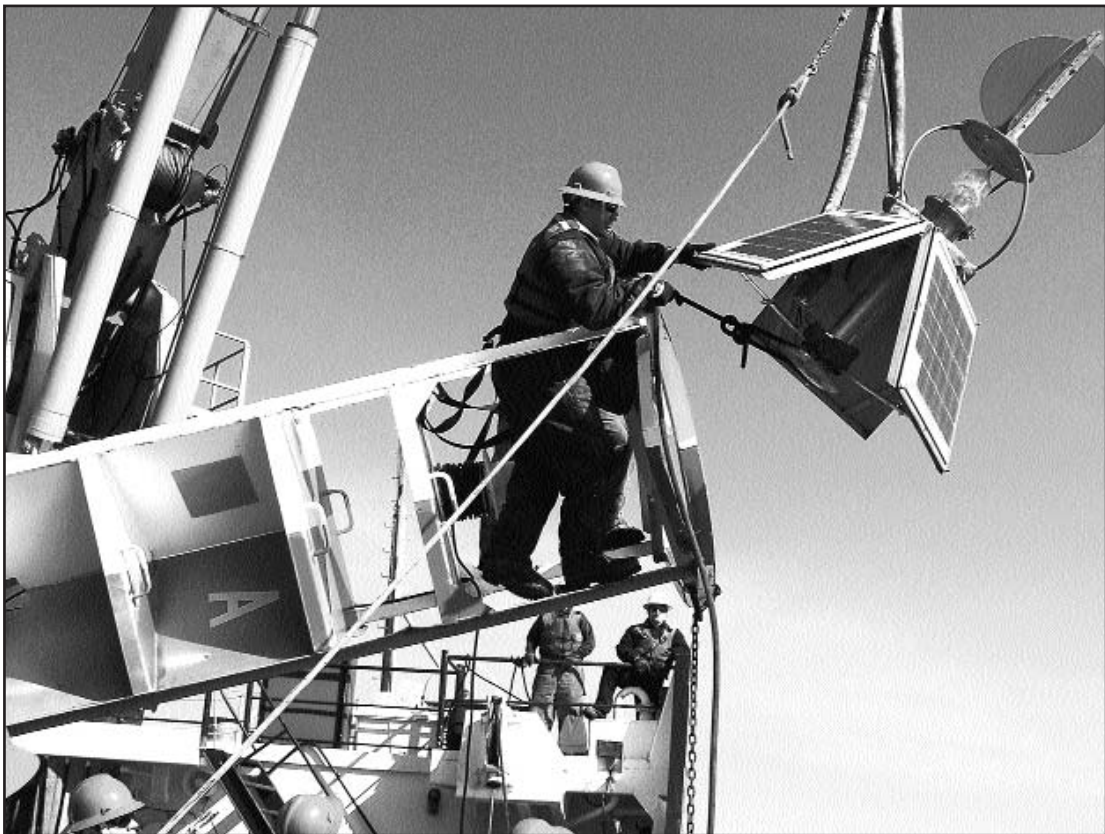
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BM3 Pat Hopkins/USCG photo

WHERE THE BUOYS ARE -- Coast Guard Seaman Juan Reyes of Providence repairs the Narragansett/Buzzards Bay Approach "A" Buoy aboard the cutter Juniper 22 miles south of Newport early last week. The buoy was one of several large offshore buoys with its light and solar panels torn off by the recent nor'easter. Juniper, homeported at Naval Station Newport's Pier 2 also found two buoys adrift 100 miles from their assigned locations.

Navy-wide news

CNIC Operation Prepare now available online

WASHINGTON (NNS) — Individuals and families can now go online to get simple, ready-to-use fact sheets, checklists, and forms on how to prepare for a variety of natural and man-made disasters — part of Operation Prepare.

Operation Prepare is a public awareness program initiated by Commander, Navy Installations Command (CNIC) for community members of Navy ashore installations.

"Staying informed, developing a plan, and making an emergency kit is the theme of this initiative so that every member of the Navy community can learn to prepare and respond in the event of an emergency," said CNIC Emergency Management Program Director Owen McIntyre.

While Sailors, their families and base personnel may still contact their local emergency manager or ombudsman, they can now go online to <http://www.cnic.navy.mil> and click on the "Operation Prepare" link to get vital emergency preparedness information.

Nearly 40 separate fact sheets are available on a variety of hazards and emergency preparedness tips. The information has been derived from several reputable sources such as the Department of Homeland Security and the Centers for Disease Control and has been tailored especially for the Navy community. Topic areas cover disease outbreak, natural and man-made hazards, and terrorism.

McIntyre said that preparedness is the indi-

vidual's responsibility and accessing CNIC's Web site is a great way for personnel to be ready for any situation.

Naval Academy hosts annual Special Olympics

ANNAPOLIS, Md. (NNS) — The U.S. Naval Academy, in coordination with the Annapolis Junior Chamber of Commerce, hosted the 39th annual Special Olympics on April 21 and 22.

The event drew more than 175 athletes from Anne Arundel, Calvert, and Howard counties in Maryland. More than 300 volunteers, including midshipmen, active-duty service members and local high school students volunteered to support the event as athlete escorts and event staff.

"They are all amazing people and to be able to spend a day with and getting to know them is a very rewarding experience," said Midshipman 2nd Class Jenna Schutz, an athlete escort. "You know it's going to be a good day with the start of a new friendship."

School breaks ground, honors black admiral

HAYMARKET, Va. (NNS) — A pioneering naval officer was honored April 23 when family members and officials gathered in Haymarket, Va., to break ground for a school which will be named for him.

The Adm. Samuel L. Gravely Jr. Elementary School will carry the name of the U.S. Navy's first black flag officer, vice admiral and fleet commander.



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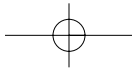
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Naval Station Newport Dining

Officers' Club

Building 95, Phone 841-4821, 846-7987 or 849-3693)

Today: Lunch begins at 11 a.m. at the Topside Pub with wait staff service. The pub menu is available until 10 p.m.

Tonight: Kick off the weekend at the Topside Pub in the Officers' Club, the place to be with complimentary hors d' oeuvres from 4 to 6 p.m.

Saturday: Topside Pub opens at 4 p.m. Full pub menu available until 10 p.m.

Sunday: All-Hands Sunday Breakfast is served upstairs in the Topside Pub from 10 a.m. to noon. Pick from your breakfast favorites, which include home fries, scrambled eggs, sausage, ham or hash, Texas French toast, Belgian waffles and more.

The adult charge fee is \$9.95, and children (age 4 to 10), \$4.50, excluding beverage and gratuity. For more information or reservations call 846-7987.

Monday to Friday: Lunch begins at 11 a.m., at the Topside Pub where you can order from the menu all day long. Lunch service is open to all-hands from 11 a.m. to 4 p.m. There are always daily specials available from 11 a.m. to 3 p.m. and menu is available until 9 p.m. Monday through Thursday and until 10 p.m. Friday and Saturday.

Thursday: Lobster Night from 5 to 7 p.m. in the Topside Pub. One and a quarter-pound select lobsters for a price you won't find anywhere else! Also available a la carte are: Buffalo wings, baked potatoes and side salads to complete your dining experience!

Upcoming Events: MWR happy hour Friday, May 11, prices will be reduced on domestic drafts and sodas from 5 to 6:30 p.m. For more information, call 841-4821.

All-hands Mother's Day buffet: Tickets are on sale for the All-hands Mother's Day buffet on Sunday, May 13. Seating times are available from 11 a.m. to 3 p.m. Tickets are \$25.95 for adults, \$11.45 for children (8 through 12), \$6.45

for children (ages 4 through 7) and no charge for children up to age 3, but a ticket is needed (let a staff member know if you need a high chair or booster seat). Gratuity is included in ticket price. Call 846-7987 for details.

Enlisted Clubs

(Recreation Center, Building 656, phone 841-3054)

Hours of operation: The Enlisted Club is open Wednesday to Saturday, 4 to 11 p.m. The CPO Club is Wednesday to Friday, 4 to 11 p.m. Pub menu is available Wednesday through Saturday, 4 to 8 p.m.

Tonight: Stop by for a beer or cocktail, and order from the pub menu.

Wednesday: "Wild Wings" Night from 4 to 8 p.m. A basket of chicken wings is available three ways, plus fresh celery and blue cheese dipping sauce. It's just \$2.75!

Upcoming Events: MWR happy hour Friday, May 11, prices will be reduced on domestic drafts and sodas from 5 to 6:30 p.m. For more information, call the Enlisted Club at 841-2575.

Ney Hall Galley

(Building 292, phone 841-4445)

All hands welcome.

Weekdays: breakfast, 6 to 7:15 a.m.; lunch, 11 a.m. to 12:30 p.m.; and dinner, 5:15 to 6:30 p.m.

Saturday: breakfast, 6:30 to 8 a.m.; lunch 11 a.m. to 12:30 p.m.; and dinner, 5 to 6:15 p.m.

Sunday: breakfast 8:30 to 10 a.m.; lunch, 11:45 a.m. to 1 p.m.; and dinner, 5 to 6:15 p.m.

Call for daily menus and meal charges.

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Soft scrambled eggs & hash	2.99
Kids Ranch Toast	1.99
Breakfast Special	

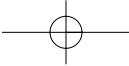
LUNCH & DINNER

Fish & Chips	5.99
Big Bites Burgers (2)	
with French fries & onion rings	3.99
Chicken Finger Plate & one side	3.99
Hot Dog & one side	3.99
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Kids Meatloaf, mashed potato & veggies	3.99
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Leisure

Bowling

(Building 656, 841-4293)

Come take a look at the Seaview Lanes Bowling Center state-of-the-art facility now featuring regular and Xtreme bowling.

Hours of operation are:

Monday, closed; Tuesday through Thursday, 5 to 10 p.m.; Friday 5 to 11 p.m.; Saturday, 1 to 11 p.m.; and Sunday, 1 to 8 p.m.

Rates: \$3 per game and \$1.50 for shoe rental.

Xtreme Bowling (every Saturday, 8 to 11 p.m.) Rates are \$10 per hour, \$25 for the night (shoes included) or \$3.50 per game and \$1.50 shoe rental.

Birthday party packages are available from \$10 to \$15 per child, depending on meal and regular/Xtreme bowling.

For more information, call Seaview Lanes at 841-4293

May specials:

May 13 — Mother's Day special. All moms bowl for free from 1 to 8 p.m.

May 26 — Family Night Xtreme Bowling, starts at 7 p.m. with half price bowling for everyone. The cost is \$5 per hour, per person including shoes; or \$1.75 per game!

May 28 — Memorial Day holiday, open 1 to 8 p.m. You can buy one string, get one free!

Remember, Thursday nights in May there is free shoe rentals for everyone from 5 to 10 p.m.

Special fitness activities

(Gym 109, 841-3154/FITNESS Plus, 841-1474)

Intramural Softball: Open to active duty, dependents, retirees, reservists and Department of Defense (DoD) civilians (age 18 and over). Games are played Monday through Thursday at Carr Point at 5:30, 6:30 and 7:30 p.m.

This is a co-ed league and the season runs from May 21 through Aug. 17. There will be a coaches meeting on Wednesday, May 9, at 4:30 p.m. There is a \$15 Department of Defense fee and a \$100 refundable forfeit fee.

Register at Gym 109 Monday through Friday, 8 a.m. to 4:30 p.m.

Registration Deadline is June 29. For more information, call Gym 109 at 841-7196.

Golf lessons: Golf lessons for beginners are being offered by instructor Dave Fickel, a licensed golf teacher through the U. S. Golf Teachers Federation (USGTF). All patrons will receive a free 30-minute initial consultation.

The fees are: adults (18 and over) \$60 for three 45-minute lessons; and juniors (17 and under) \$40 for three 45-minute lessons.

For the juniors, parents must remain on premises with the child for the entire lesson. All lessons take place at Fitness Plus, Building 355. For more information or to make an appointment, call 207-1795.

Liberty Center

(Recreation Center Building 656, 841-3054)

Hours of operation, Monday to Thursday, 4 to 9 p.m.; Friday, 4 to 10 p.m.; Saturday, noon to 10 p.m.; and Sunday and holidays, 2 to 10 p.m.

May events:

Tonight — It's Midnight Madness. The Liberty Center stays open until midnight.

May 5 — Cinco de Mayo day, with free food and give-a-ways.

May 6 — Halo 2 tournament begins at 3 p.m. Prizes will be awarded.

May 8 — Movie Marathon in mini-theater, with free popcorn.

May 11 — Texas Hold 'em card tournament begins at 7 p.m., with prizes for top three players.

May 13 — Make your own sundaes for free, beginning at 3 p.m.

May 17 — Ping pong tournament begins at 7 p.m. with prizes!

May 18 — Pool tournament begins at 7 p.m.

May 19 — Trip planned to New York City. Get details at the Liberty Center.

May 20 – Chess tournament begins at 3 p.m.

May 22 – Movie marathon, with free popcorn

May 25 - Texas Hold 'em card tournament begins at 7 p.m. with prizes for top three players.

May 27 – Pool tournament begins at 7 p.m. with prizes. The Liberty Center is open until 10 p.m.

May 28 – Memorial Day, the center is open 2 to 9 p.m.

Pool 307

(Pool 307, 841-6628)

Swimming lessons for all skill levels are offered, pre-school (ages 3 to 5) and Level 1, 2 and 3 (ages 6 and up).

The next session of swim lessons are from May 14 through June 8. Lessons meet twice a week for four weeks and cost \$50 per person. There will be no classes on May 28. Registration is ongoing at Gym 109, Monday through Friday, from 8 a.m. to 4 p.m.

For more information, call 841-7196.

Aerobics/exercise

(Gym 109, Building 109, 841-3154)

MWR Fitness classes: Stop by Gym 109 or Fitness Plus and pick up the new fitness schedule. There are a variety of classes including water aerobics, Pilates, yoga, pure sculpt, cycling and many more! Classes are taught at Gym 109 as early as 6 a.m. and as late 6:30 p.m. and there are classes seven days a week.

There is no need to pre-register; just show up and get fit. It's free for active duty and \$1 for reservists, dependents, retired and \$2 for Department of Defense personnel.

Call the Athletic Office at Gym 109 at 841-7196 or Fitness Plus at 841-1474 for more information.

Computer Café

(Building 656, 841-2194)

•Personal computers are available five days a week to send and receive email, surf the web, play games — all at no charge. There is a 10-cent charge for printing. Open Tuesday through Saturday, noon to 6 p.m.

Music/games

(Building 656, 841-2575)

• The next Karaoke night will be May 12 at 8 p.m. Showcase your talents with golden oldies, country hits and of course, today's top tunes. There's no cover charge and it is open to all.

Bingo is back! Try your luck at Bingo on Thursday nights at 7 p.m. in the Enlisted Clubs.

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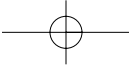
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Dear Navy Doc

Hubby's heavy snoring keeps woman awake

EDITOR'S NOTE: *The Newport Navallog* today revives a popular feature, "Dear Navy Doc," provided by Naval Health Clinic New England, Newport. The question and answer format will cover health-related topics of general interest.

Dear Navy Doc:

My husband snores terribly at night to the point that I can not get a good night sleep myself. Additionally, what is concerning me more and more is the fact that he appears to stop breathing at times. I am thinking that I am going to

have to move to another bedroom in the house to sleep at night. What should I do?

— Sleepless in Navy Housing

Dear Sleepless:

The condition that you are describing concerning your husband is most likely "sleep apnea." The word "apnea" comes from the Greek word that means "without breath."

Sleep apnea is a condition where the most common symptoms are loud snoring at night combined with excessive tiredness and sleepiness dur-

ing the day. Yes, there is something that the both of you can do.

First, your husband needs to go to see his primary care provider so as to be referred for a sleep study. Sleep studies are done locally now at most hospitals in the area.

A sleep study involves having a patient spend the night hooked up to a special computer that monitors respiration, brain waves, and any periods of breathlessness. The patient goes to sleep like he or she normally would at home. The goal is to gather informa-

tion so as to develop a treatment strategy.

Once the sleep study is done, the patient may be referred back to either an otolaryngologist (ENT) physician or a pulmonologist specializing in sleep disorders. If the "sleep apnea" condition exists, the patient may be a candidate for night time "Continuous Positive Airway Pressure" (CPAP).

A CPAP machine delivers a continuous flow of air through a soft face mask placed over the nose and mouth. This positive airway pressure keeps the soft tissue in the back of a per-

son's throat from collapsing thus reducing snoring and allowing the person to get a restful night of sleep. The results are often very dramatic on how well people feel once they begin CPAP therapy.


Weight loss is another suggested remedy for snoring.

For more information, you can visit the American Sleep Apnea Association website at www.sleepapnea.org or contact the American Sleep Apnea Association at 1424 K St., N.W., Suite 302, Washington, D.C. 20005.

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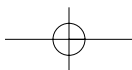
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Homefront

Continued from Page 8

widowed. Fifteen months is being 37 years old and trying to get pregnant and realizing there are 15 more times that you'll have proof that you won't be having a baby. If ever.

Fifteen months is just long enough to make a family think that the Army might as well increase the tour to 24 months, build housing and schools and commissaries in Afghanistan and make it an accompanied tour. How much danger is too much danger if it means we could be together?

For our unmarried soldiers 15 months gives you 12 more Saturday nights that some other guy asks your girl to dance. It's realizing how hard it is to find someone in the world who even likes you, much less who will make out with you, much less who will wait 60 plus consecutive weekends to be kissed again.

Fifteen months may be enough for military families to notice that this isn't a global war after all. The Navy doesn't have 5,000 ships like they did in World War II. They don't have 500. There aren't 5 million Sailors on the ocean. No one is planting a victory garden. Fifteen months is enough to make you scrawl on your refrigerator, "America is not at war. The American military is at war. America is at the mall."

But most of all, you Department of Defense fellas have got to remember what we families already know. Your own statistics say that the military spouse is the number one retention tool. That our opinion counts more with the service member than the pay or benefits or quality of the assignment that you offer. Fifteen months may be the exact amount of time for us to decide that we aren't getting divorced over this. That we won't leave our service member. But we plan to take him with us when we go.

A 19-year military wife, Jacey Eckhart is a syndicated columnist and radio host with CinCHouse.com.

Chaplain

Continued from Page 9

roots deep into the earth to suck up every precious drop of water. That effort produced the thick, dark rings which you see."

So, as we grapple with the difficult news about what is happening overseas and right here at home, let's remember how tragic it would be if we were to lose hope in ourselves, and faith in all the good that is part of this beloved nation's fabric. In times such as these we have to all reach deep inside and sink our collective roots just a little deeper.

Ultimately, we will draw strength from our shared reservoir of faith in God and our history of prevailing against any imaginable circumstances. Out of that faith and determination, we will yet see the blessings of a better world.

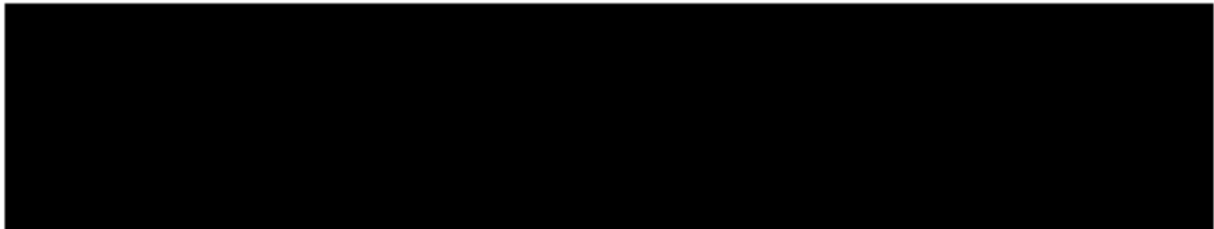
That is my unshakable belief. God bless and stay great!

Williams

Continued from Page 4

During his tour there he was selected for conversion to master-at-arms and attended "A" School in San Antonio, Texas. After graduation he received orders to Naval Station Newport.

He reported to Newport in December 2004 and was assigned to the Security Department and quickly rose to become a watch commander.



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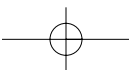


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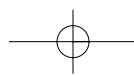
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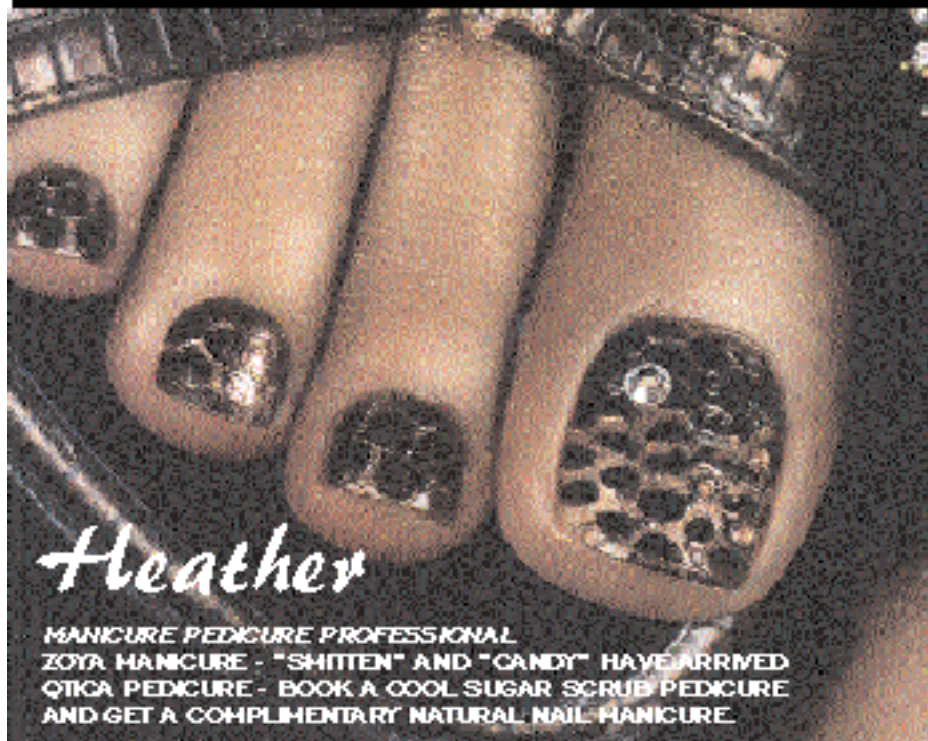
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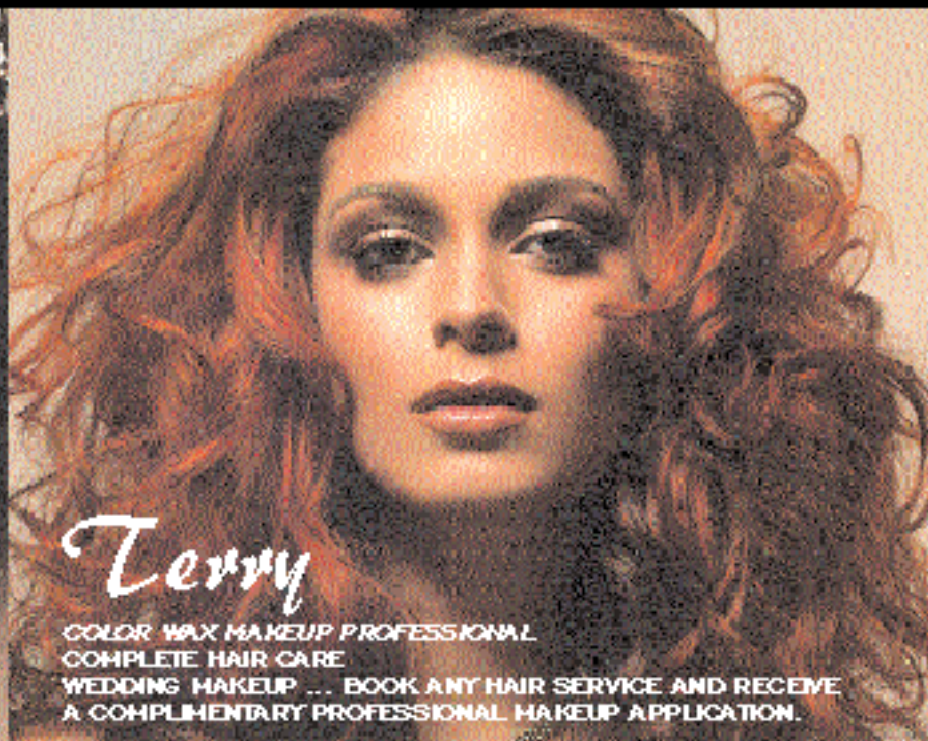
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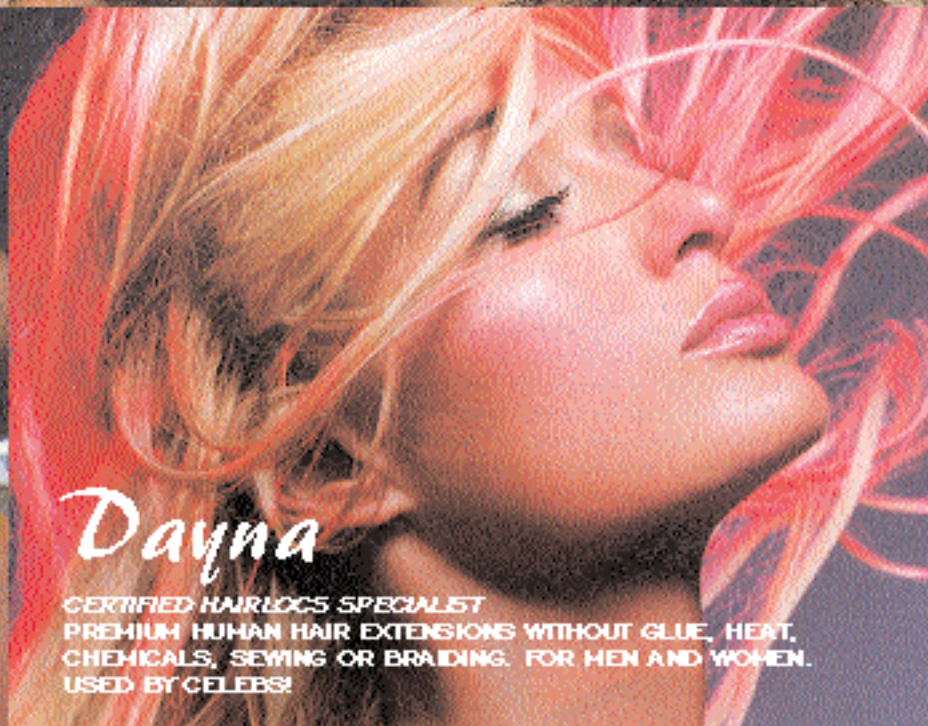
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